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**Epworth Sleepiness Scale (ESS) – Children’s Version**

<b>Availability:</b>	Please visit this website for the instrument: <a href="#">Epworth Sleepiness Scale Children’s Version Link</a>
<b>Classification:</b>	<b>Supplemental – Highly Recommended:</b> Spinal Cord Injury (SCI)-Pediatric
<b>Short Description of Instrument</b>	<p>The Epworth Sleepiness Scale (ESS) developed in 1991 is the most widely used subjective scale of daytime somnolence. As with all subjective scales, participants may not recognize sleepiness, particularly when chronic.</p> <p>The Children’s Version is similar to the ESS, but the comment regarding alcohol use has been removed and replaced by a question on homework/tests.</p> <p>Translations are available in over 20 languages and the Scale can be completed in less than 5 minutes.</p>
<b>Scoring:</b>	Rated from 0–24, with high scores indicating worse sleepiness.
<b>References:</b>	<p>Johns, M. W. (1991). A new method for measuring daytime sleepiness: the Epworth sleepiness scale. <i>Sleep</i>, 14(6), 540–545.</p> <p>Melendres, M. C., Lutz, J. M., Rubin, E. D., &amp; Marcus, C. L. (2004). Daytime sleepiness and hyperactivity in children with suspected sleep-disordered breathing. <i>Pediatrics</i>, 114(3), 768–775.</p> <p>Meltzer, L. J., &amp; Mindell, J. A. (2006). Sleep and sleep disorders in children and adolescents. <i>Psychiatr Clin North Am</i>, 29(4), 1059–1076</p>